

Weighing In

Wanting to keep your weight in check? Increasing your fiber intake may help you succeed. Studies have shown an association between high fiber foods and satiety. What fiber appears to do is help to enhance feelings of satisfaction which in turn may offer a strategy for decreasing overall energy intake. By adding just one bowl of high fiber cereal to your daily diet, weight control may be well within reach.

Leafy Green Safety

Consumers Union, the publisher of Consumer Reports, has issued a call to the U.S. Food and Drug Administration to set safety standards for leafy greens. According to a Consumers Union press release, food safety legislation is pending in the Senate that would compel the FDA to create such standards.



What to do in the meantime with those bagged salads? Here are tips for Consumer Reports:

1. Buy packages far from their use-by-date.
2. Wash the greens even if the packages say "prewashed" or "triplewashed." Rinsing won't remove all bacteria but may remove residual soil.
3. Prevent cross contamination of greens by keeping them away from raw meat and poultry.

Adding Flavor

Garlic and onion powder are excellent substitutes for salt in savory recipes. Both give somewhat of the illusion of salty flavor without the addition of sodium. Just be sure to check the label to be certain no salt has been added.



Preventable Cognitive Impairment

Small strokes, also called transient ischemic attacks (TIAs), may give rise to vascular dementia and cause cognitive impairment that can be prevented, but not reversed. Unhealthy habits can lead to vascular dementia. Ten to 20 percent of these dementia cases result from:

- ◇ Chronic high blood pressure
- ◇ Coronary heart disease
- ◇ Diabetes

These conditions can often be prevented by exercising regularly, maintaining a healthy weight, choosing low-sugar, low-salt, low-fat foods, and quitting smoking.

Steam It

80 to 90 percent of a vegetable's composition is water. When heat is applied to a vegetable, the structure of the cells walls starts to collapse, which ultimately can affect a vegetables nutrient retention.

So which cooking method produces the best nutrient retention results? Steaming appears to be the winner. When compared to boiling and microwaving, steaming produced higher vitamin and photochemical retention.

Besides the nutritional benefit, steamed vegetables can also have premium texture. Just make sure to only steam them until they are crisp-tender. Not only will you be insured great texture, you will also get brighter colors and fresher flavors as well.

Steamed
Green
Beans with
Tomato-
Garlic
Vinaigrette



Yield: 4 servings (serving size: 3/4 cup)

Ingredients

- 1 Tb white wine vinegar
- 1/2 tsp Dijon mustard
- 1/4 tsp salt
- 1/8 tsp black pepper
- 2 garlic cloves, crushed and minced
- 1 Tb olive oil
- 1/2 c seeded chopped tomato
- 2 tsp chopped fresh thyme
- 1 lb green beans, trimmed

Preparation

1. Combine first 5 ingredients in a medium bowl; slowly add oil, whisking to combine. Stir in tomato and thyme; let stand 10 minutes.
2. Steam beans, covered, 7 minutes or until crisp-tender. Cut into 2-inch pieces; add to tomato mixture, tossing gently to coat.

Jackie Mills, MS, RD, *Cooking Light*, JULY 2008

5 Healthy Habits for Longevity



Stay Physically Active

The health benefits of maintaining some form of daily physical activity cannot be stressed enough. Exercise can help promote physiological well-being, strengthen an immune system, maintain joint mobility, increase energy – and the list goes on.

Eat Five Small Meals a Day

Other cultures choose to eat smaller meals more frequently throughout the day. By choosing this eating style method, you deliver a steady stream of nutrients, blood sugar, and energy to your body throughout the day.

Laugh It Up

Research has shown laughter can boost the immune functions, and produce natural killer cells that help protect the body from illness and cancer. It also increases the release of endorphins, compounds that give you a sense of well-being, in your brain.

Drink Water

Water an essential nutrient, core to health body functions. 8 glasses a day is the going recommendation. Centenarians from around the globe cite their native water as a source of their health and longevity.

Medication

Stress has been linked to a multitude of diseases, shortening the life span of many. Unless you can find techniques to manage it, it has the potential to consume you. Meditation is one way of being able to release tension. It always for your mind to find a quiet place, lowers your stress hormones, and teaches self-discipline.

Developed By: Tammie Scholz, MS, RD, LMNT